

# YOUR PATIENTS ARE GOING PLACES.

Help them have a healthy trip abroad.

**Many travelers don't seek health advice** when they're planning international trips, even though their travel may put them at risk for preventable illnesses. Include travel questions in the routine history you gather from patients to assess possible risks and identify opportunities for patient vaccination, medication, and education.

- ▶ Ask about **underlying conditions**, allergies, and medications.
- ▶ Ask about **special conditions**, such as pregnancy, immunocompromising conditions, history of heart disease or stroke, and recent surgery.
- ▶ Ask about **immunization history**.
- ▶ Ask about prior international **travel**.
- ▶ Get **trip details**, such as destination, trip length, and reason for travel.
- ▶ Ask about **travel style**, such as traveling alone or with a group, staying at a hotel or with a host family, and modes of transportation.
- ▶ Ask about **special activities**, such as providing medical care or doing disaster relief work, doing adventure travel/extreme sports traveling (skydiving), being on a cruise ship, traveling to high altitudes, or being exposed to open water (diving, rafting). Also ask if they expect to be in contact with animals.

## Get your patients travel ready.

Go to [cdc.gov/travel](https://cdc.gov/travel) to get the CDC resources you need to help them prepare.

### CDC Yellow Book 2018

US government's most current health guidelines and information for international travel.

### Pre-travel PREP Tool

Free clinical tool works like an interactive, continuously updated Yellow Book.

Plus, you'll find destination-specific updates and tips, travel fact sheets, and infographics to print for patients, and more.



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## MAJOR TOPICS FOR DISCUSSION DURING PRE-TRAVEL CONSULTATIONS

<b>Immunizations</b>	<ul style="list-style-type: none"> <li>▶ Review routine immunizations and those travel immunizations indicated for the specific itinerary and based on the <a href="#">traveler's medical history</a>.</li> <li>▶ Discuss utility of titers when records are unavailable or unreliable, particularly for measles, mumps, rubella, and hepatitis A.</li> <li>▶ Discuss indications for, effectiveness of, and adverse reactions to immunizations.</li> </ul>
<b>Malaria chemoprophylaxis</b>	<ul style="list-style-type: none"> <li>▶ Determine if there is a risk of <a href="#">malaria</a> for a specific itinerary.</li> <li>▶ Discuss personal protective measures (such as repellents, long sleeves, and pants).</li> <li>▶ Discuss risks and benefits of chemoprophylaxis and recommend appropriate medications for the specified itinerary.</li> </ul>
<b>Other vectorborne diseases</b>	<ul style="list-style-type: none"> <li>▶ Define risk of a given disease for a specific itinerary.</li> <li>▶ Discuss insect precautions and animal avoidance measures as needed.</li> </ul>
<b>Respiratory illnesses</b>	<ul style="list-style-type: none"> <li>▶ Discuss diseases of particular concern based on the destination (such as avian influenza in Asia or Middle East respiratory syndrome (MERS) in the Arabian Peninsula).</li> <li>▶ Consider providing medication for influenza treatment for high-risk travelers.</li> </ul>
<b>Travelers' diarrhea</b>	<ul style="list-style-type: none"> <li>▶ Recommend strategies to decrease the risk of acquiring diarrhea.</li> <li>▶ Discuss self treatment, including over-the-counter medications for mild to moderate cases and antibiotics for moderate or severe cases.</li> </ul>
<b>Altitude illness</b>	<ul style="list-style-type: none"> <li>▶ Determine if the itinerary puts the traveler at risk of altitude illness.</li> <li>▶ Discuss preventive measures such as gradual ascent, adequate hydration, and medications.</li> </ul>
<b>Other environmental hazards</b>	<ul style="list-style-type: none"> <li>▶ Caution travelers to avoid contact with animals to reduce the potential for bites and scratches.</li> <li>▶ Advise travelers to avoid walking barefoot to avoid acquiring soil-transmitted infections.</li> <li>▶ Advise travelers to avoid wading or swimming in water where there is risk for schistosomiasis.</li> <li>▶ Remind travelers to apply sunscreen to skin exposed to the sun.</li> </ul>
<b>Personal safety</b>	<ul style="list-style-type: none"> <li>▶ Discuss precautions travelers can take to minimize risks specific to the trip, such as traffic accidents, alcohol excess, personal assault, robbery, or drowning.</li> <li>▶ Provide information on travel health and medical evacuation insurance.</li> <li>▶ Advise travelers to look for security bulletins related to their destination at <a href="http://step.state.gov/step">step.state.gov/step</a> and consider areas to avoid.</li> </ul>
<b>Sexual health and bloodborne pathogens</b>	<ul style="list-style-type: none"> <li>▶ Caution the traveler to avoid activities that can lead to sexually transmitted infections, unwanted pregnancy, or bloodborne infections.</li> <li>▶ Remind travelers to use condoms if they do have sex.</li> <li>▶ Inform travelers who will provide health care overseas what to do in case of needlestick or bloodborne pathogen exposure.</li> </ul>
<b>Disease-specific counseling</b>	<ul style="list-style-type: none"> <li>▶ Remind travelers to hand-carry medications and supplies.</li> <li>▶ Advise travelers to prepare for exacerbations or complications from underlying disease.</li> </ul>

Encourage patients to go to [cdc.gov/travel](https://cdc.gov/travel) for country-specific information and to download mobile apps like [TravWell](#) to prepare for trips abroad.



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